

# TRAINING MANUAL

## FACIAL AND BODY ELECTRICS



# FACIAL ELECTRICS BASICS

Q: What are the service times for facial electrical treatments?

A: These services are not timed, as different machines can take different lengths of time

Q: What are the factors that can influence the treatment / service time for facial electrical treatments?

A: Treatment area / skin sensitivity / method of treatment or equipment used / manufacturer's instructions.

Q: Why is it important for clients to remove jewellery when preparing for a facial electrical treatment?

A: Any metal jewellery will attract and conduct current.

Q: **What factors should be taken into consideration when setting up work area for a facial electrical treatment?**

A: \* Equipment on stable base and easy to reach

\* No trailing wires

\* Machine in good working order / plugged in and turned on

\* Not near water

\* Products placed neatly and within reach.

Q: **How should the therapist is positioned when carrying out a facial electrical treatment?**

\* Sitting on a stool at the head end of the couch within easy reach of clients head

\* Feet squarely on the floor

\* Elbows off the couch

Q: **How would a micro-lance is disposed of after use?**

A: In a sharps container

Q: **Why is it important to maintain client's modesty and privacy during a facial electrical treatment?**

A: Client comfort, professional image, to make sure client is not embarrassed, so that she will re-book.

Q: **Why is it important to check the clients well being at regular intervals during a facial electrical treatment?**

- A:       \* To make sure current intensity is not too high and uncomfortable
- \* To reduce risk of contra actions occurring
- \* To check client is still within their comfort levels

**Q: Why is it important to combine facial electrical treatments with other facial techniques such as masks?**

A:       To maximise the benefits of the electrical machine / to improve the end result-

**Learners must know how to set up the work area:**

- Ensure a safe working environment: - Clean and hygienic work area
- Adequate ventilation
- No trailing wires
- Maintain visible security of client's belongings (box under couch in which to place clothes, bag, shoes, or coat hooks and cupboard for storing belongings securely)

**Learners must know how to create an effective treatment environment:**

Soft lighting, adequate space and comfortable temperature, peaceful with soft music playing, pleasant aroma and well ventilated

- Providing privacy with effective cleanliness/good hygiene practices
- A sanitised trolley and couch, clean linen, couch roll, tissues, bin bag/waste disposal and the importance of visible use of hygiene procedures
- Maintaining environmental and sustainable working practices

**Learners must know how to clean the equipment used:**

Refer to the manufacturer's instructions before cleaning any facial electrical equipment

**Learners must know how professional beauty therapists present themselves:**

Clean professional uniforms create a positive impression of the beauty therapist and the salon. Uniforms should be made from a comfortable fabric to facilitate the stretching involved in the treatment

- Meet the organisation's standards of behaviour

Beauty therapists should wear closed-in footwear, no jewellery, no piercings, hair neatly tied back and any fringe secured, no nail extensions, gel polish or nail varnish, nails should be short, clean and well maintained

Personal hygiene and cleanliness including showering, covering cuts and abrasions, wearing deodorant or antiperspirant, oral hygiene, including clean teeth, fresh breath, are all important elements of professional presentation

**Consultation**

## VERBAL

The verbal consultation that you carry out for an electrical treatment should be more detailed than for a general treatment.

You must be able to match the correct treatments to the client's needs for the most effective results. All consultations will require the client's general details. There is other important information that you will need:

### Personal details:

- Age / occupation / any children
- Weight / height
- Lifestyle / emotional state
- Frame size
- Body type                   \* This information would be noted
- Muscle tone                after a visual assessment also.
- Skin condition
- Figure problems

### Medical history:

- Contra indications
- Steroid treatment
- Medication
- Pregnancies
- Illnesses
- Contraceptive pill

### Treatment Details:

- Areas to be treated
- Frequency and duration of treatments / course of treatments.
- Cost / time
- Clients needs and expectations; *weight loss, improved skin conditions, improved muscle tone, relaxation, general maintenance of health, stimulate circulation, lymphatic drainage.*

### Treatment details:

- Past experiences with treatments



- Past experiences with dieting
- Homecare routine
- Realistic goals
- Measurements (faradic)

**Learners must know the salon requirements for record keeping:**

Accurate appointment systems, stationery, loyalty, rewards, acknowledgement of occasions

Consultation record keeping, contra-indications, signatures, refer to existing records, information clear, accurate and in logical order (name, address, contact numbers, age range, reason for treatment, occupation, sport/hobbies, medical history, allergies/hypersensitivity, contact lenses, contra-actions)

Skin sensitivity tests, adaptations and modifications, recommendations, treatment plan, update record at the end of the treatment, update at each visit, maintained electronically, paper records

**Measurements:**

Before embarking on a muscle toning treatment, it is usual to take the measurements of the client to show progress during a course of treatments. Measurements should be taken from the fullest part of an area and recorded on the record card or treatment plan. To take accurate measurements each time, a measurement can be taken from a specific reference point such as a protrusion of a bone. Alternatively, advise your client to pick a particular item of clothing that they know to be tight and use this as a guide.

**Courses of treatments:**

- Most electrical treatments are more effective when part of a course of treatments over a specific time. Usually either once or twice a week, for six weeks. Remember there will be differences between face and body treatments. When a client is following a course of treatments it is essential to record accurately, the result of each, feedback from the clients can be included.

**Learners must know the importance, purpose and methods of patch tests:**

A patch test is designed to alert the therapist to any pre-disposed skin sensitivity on the client's behalf. Any active, new or known ingredient that can potentially produce a reaction is usually patch tested 24-48 hours before treatment. Records of all patch tests provided need to be noted, recording all products and where patch test took place on the body, if appropriate, client signature and date. Patch testing for electrical facial treatment would include all active or new products to be used within the facial. Client records updated with results. Conducted to ascertain suitability of products and sensitivity of the client

**Skin sensitivity testing:**

The client's skin is tested to check that sensory nerve endings can sense sharp and blunt and hot and cold – some electrical treatments could damage a client's skin if they were not sensitive to these.

**Sharp and Blunt test**

Using the sharp end of an orange stick and the other end covered with cotton wool, ask the client to distinguish between the sharp end and the blunt end when placed on the skin. Do not let the client see you doing this!!

**Hot and Cold Test**

Two test tubes, one filled with cold water and the other with hot water. Again, randomly place each test tube on the client’s skin and ask them to distinguish between the two.

TREATMENT	TEST
Faradic	Sharp and blunt
Vacuum Suction	Sharp and blunt
Galvanic	Hot and cold / sharp and blunt
High Frequency	Sharp and blunt
Micro-current	Sharp and blunt

**Patch test application techniques:**

Cleanse area (either crook of elbow or behind ear)

- Apply product to the area with a brush
- Allow to dry
- Leave on for a minimum of 24 hours
- Explain positive and negative reactions
- Remove excess product
- Record results on record card, products used and where placed

**Learners must know how to interpret results of the patch test:**

Positive – red, itchy, irritated, swelling, sore

Negative – no change to skin

**Learners must know the insurance requirements for practising as a therapist:**

Requirements for licensing are applied for at local council level. Each council will have slightly different requirements and may not even require the therapist, business or treatment to be licensed. The most current information on licensing is available on local authority websites and from professional membership association groups. As a minimum a salon should hold, where applicable, employer’s liability insurance as well as public liability insurance and professional indemnity.

**Learners must know the legal requirements for providing treatments to minors:**

The age at which an individual is classed as a minor and how this differs nationally

England – 18 years old

Scotland – 16 years old

**Consultation**

Q. How would a therapist assess facial muscle tone?

A. \* Look to see how the facial contours lie

- \* Look to see the pattern of wrinkles on the face
- \* Lift / twist contours to see how quickly the skin returns

Q. What factors do you take into consideration when carrying out a skin analysis?

- \* Characteristics of skin types e.g. shiny – oily
- \* Areas of sensitivity
- \* Contra indications
- \* Texture / tone / colour
- \* Skin conditions e.g. Dehydrated
- \* Skin abnormalities / imperfections
- \* Pore size

Q: Why should a client with a suspected medical contra indication to the treatment be encouraged to seek medical advice?

A: \* Not qualified to diagnose / so correct diagnosis can be made

- \* Correct medical treatment given
- \* Minimise cross infection / prevent condition getting worse.

Skin types	Characteristics
Oily skin	<ul style="list-style-type: none"> <li>• shiny / sallow / comedones may be present / open pores</li> <li>• larger pores / prone to congestion, papules, pustules</li> <li>• skin may feel tacky</li> </ul>
Dry skin	<ul style="list-style-type: none"> <li>• matt / fine or uneven texture / small refined pores</li> <li>• prone to fine lines / lacks moisture / prone to broken capillaries</li> <li>• may be flaky skin cells</li> </ul>

Sensitive skin	<ul style="list-style-type: none"> <li>• Thin or transparent epidermis / easily stimulated</li> <li>• Prone to split / broken capillaries</li> <li>• Pink / higher colour / feels warm to touch</li> <li>• Prone to allergic response / hypersensitivity</li> </ul>
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Q: Why is it important to cleanse the skin prior to using an electrical facial machine?

- A:
- \* To prevent adverse reactions
  - \* To analyse the skin to determine the correct treatment plan
  - \* To remove possible barriers between the skin and current

Q: How do you carry out a tactile test on the skin?

A: Get the client to tell the difference between a sharp and a blunt object.

Q: What are the dangers of using a high frequency machine?

- A:
- \* Small electric shocks
  - \* Slight destruction of skin tissue

Q: Why is a course of treatments beneficial to clients?

A: \* Better results achieved / desired results are more realistically achieved.

Q: What products should be avoided by the client for 8-12 hours following a facial electrical treatment?

- A:
- \* exfoliator
  - \* self tan
  - \* make-up
  - \* perfumed products

Q: Why could a client's present skin care routine affect the effectiveness of the treatment?

A: It could reduce the effects of the professional treatment.

Q: What recommendations could a therapist give to a client with sensitised skin and a poor skin care routine?

A: \* avoid over exfoliation \* follow daily skin care routine \* use perfumed free products \* treat skin with care \* use a high SPF \* use products suitable for sensitive skin

## FIGURE ANALYSIS

### POSTURE



Not only does bad posture create a poor self image of a person, it can also lead to other problems such as backache, weak stomach muscles and even headaches. The first part of a figure analysis involves a visual assessment of the client's posture and to make them aware of the correct posture and how to maintain it through daily life.

### Reasons for poor posture

- Lifestyle – carrying heavy shopping bags on the same shoulder, poor shoes.
- Environment – working at a computer every day.
- Family – carrying babies and young children.
- Emotional state – how we view ourselves.
- Lack of exercise – weak muscles.
- Stress – makes the muscles tense up.
- Structural – injury or hereditary.

### Visual assessment

#### Front view:

- Shoulders – level?
- Hip line – level front?
- Knee line – level front?
- Knees turned in?

### Visual assessment

#### Side view:

- Head / shoulders stooped forward?
- Upper back rounded?
- Lower back curved?
- Bottom protruding
- Stomach protruding?
- Gastrocnemius hyper extended

#### Back view:

- Spine straight?
- **FIGURE PROBLEMS**

It is extremely important to maintain a professional manner when conducting a figure analysis. Remember, your client has feelings. They may be aware that they have a problem but you need to deal with them in a sympathetic, discreet way. Often it is more appropriate to let your client explain her concerns to you first; you can pick up on words that they have used themselves.

#### **Hard fat:**

Often difficult to disperse, solid to the touch and does not move. The skin appears smooth. Treatment for this condition needs to firstly break up the fat and then to make it available to the general circulation.

#### **Cellulite (Soft fat):**

More commonly affects women. Appears 'dimpled' often described as 'orange peel', found usually on the thighs and buttocks. Associated with a poor blood supply and fluid retention and can be painful. This client may not be overweight. This condition has been linked to many causes; hormones, diet, lack of exercise. Treatment involves stimulating the circulation and aiding the lymphatic drainage within the body. It should also be noted that many believe the best treatment is exercise!

#### **Stretch Marks:**

In the first stages they appear as red, raised lines and in later stages turn to silver lines due to loss of elasticity in the dermis. Most common areas affected are the thighs, buttocks, abdomen, breasts and upper arms. Causes may be weight loss or gain, or pregnancy. Can be treated in the earlier stages if still have a blood supply.

#### **Slack muscle tone:**

Muscles feel soft, even when tensed and the contours of the body may droop downwards. Treatment would be muscle toning such as faradic.

### **BODY TYPES**

#### **ECTOMORPH**



- Long, thin shape – often bones visible
- Narrow shoulders and hips
- Does not put on weight easily
- Low percentage of fat

- Minimal muscle bulk
- Lack of curves
- May be underweight

## MESOMORPH



- Athletic, muscular build
- Well developed shoulders
- Slim hips
- Well defined muscles
- Low percentage of body fat
- Usually has not weight problems if active

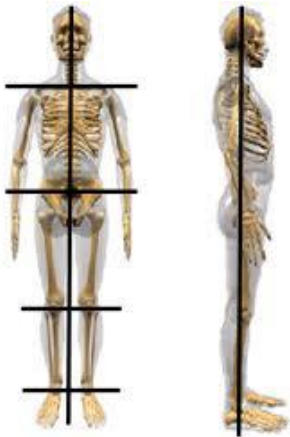
## ENDOMORPH



- Rounded, 'plump' shape
- Heavy build

- Higher percentage of fat to muscle bulk
- Adipose tissue evident on hips, abdomen, arms
- May be prone to weight accumulation.

#### CORRECT POSTURE



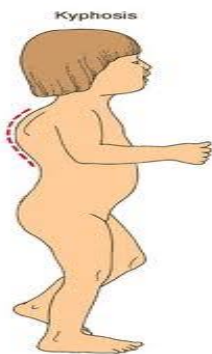
#### Correct posture:

- Head up, relaxed, eyes facing forwards.
- Chin up
- Shoulders back, chest out
- Stomach in, pelvis tipped forward
- Buttocks tucked in

#### POSTURAL DEFECTS

##### Kyphosis:

This is a curve to the thoracic region of the spine – often caused by having tightened pectorals from round shoulders, this also produces a forward tilt of the head (neck muscles lengthen). Also lengthening of the neck muscles may cause a double chin as the neck is allowed to relax.



##### Lordosis:

An exaggerated lumbar curve causing the bottom to stick out, which in turn, causes a shortening of the back muscles. The abdominal muscles become distended and stretched; this also forces the pelvis to tilt backwards. Quite often it is found to develop in ballet dancers and gymnasts.

Lordosis



Scoliosis



### Lifestyle Factors & Threats to The Skin

#### Prevention is better than cure!

There are a variety of factors which can affect the appearance and condition of the skin, most of which can lead to premature ageing. It is important that you make your clients aware of these factors and reinforce that prevention is better than cure!

#### Key factors:

UV rays

Free radicals

Stress

Smoking

Caffeine

Alcohol

Medication

**Free radicals** are molecules which are in the environment 24 hours a day. They are highly reactive and breakdown the proteins of the skin causing premature ageing. It is vital that a moisturiser is used both day and night which will protect against the free radicals. On the product look for the words anti-oxidant or free radical scavengers.

**Stress** can cause various problems within the skin ranging from tension lines, dark circles, sluggish circulation or certain skin disorders such as psoriasis. A facial treatment can not only reduce the effects of stress but also be seen by the client as a way of relieving stress.

**Smoking** slows down cell respiration as it restricts the amount of nutrients that the cells receive. It also makes the removal of waste products less effective. Smoking produces a chemical that destroys vitamin C, which interferes with the production of collagen therefore causing premature ageing.

**Caffeine** can affect the skin if consumed in large quantities (more than four cups per day) by blocking the absorption of nutrients. Caffeine is present in tea, coffee, cocoa and fizzy drinks. Instead recommend caffeine free products and herbal teas.

**Alcohol** has a dehydrating effect on the body and skin. It also prevents the absorption of certain vitamins. Advise the client not to drink alcohol, however if this is unavoidable water should be drinking to replenish the body. If a client drinks a lot of alcohol you will often find that excessive numbers of broken capillaries are developed, along with sluggish skin, this leaves the client to look much older.

**Medication** has various effects on the skin from fluid retention, dehydration, pigmentation problems and sebaceous gland conditions. It is important that you check if the client is taking any medication when deciding on the contributing factors to the client's skin type.

Many lifestyle factors can affect the condition of our body and mind. You should be aware of these factors, and offer advice accordingly, as changes in lifestyle pattern may be required in order to improve the effectiveness of the treatment.

**Work commitments** - Some people have a very committed work schedule and find it difficult to make plans for themselves, as work often interferes with their spare time. It is important, for everyone, to re-charge and look after themselves. You must emphasise this point to all clients, devise a realistic treatment plan to follow, which they can adapt to fit into their work schedule. People who do not have time to look after themselves will usually find that it affects the condition of their skin, diet, muscle tone, weight and emotional state.

**Domestic situation** - Some clients will have a very busy home life, whereas others may live on their own or have a quieter home life. You should approach a client's domestic situation in a similar way to work commitments - the same advice applies.

**Exercise habits** - Regular exercise is good for efficient functioning of the body and mind and also increases energy levels. Exercise will help improve cellulite, muscle tone, inch loss, relaxation and circulatory problems. It is recommended that a person should exercise for at least 20 minutes per day or 60 minutes, three times per week. When recommending exercise, you should discuss their likes and dislikes. If a client is not exercising, you will find that the results of the treatment will not be as effective. If a client does not exercise, they increase the risk of weight gain, increasing fat mass, becoming unfit, tiring easily, decreased mobility, becoming lethargic, and serious cardio-vascular or joint problems.

**Exposure to UV rays** - UV rays are in the atmosphere every day, not just when the sun is shining. Although sunshine has a positive effect on the mind and produces a tan, thus inducing a feeling of well-being, it unfortunately causes skin burning (caused by UVB rays) and ageing (caused by UVA rays). It is important that you advise all clients (even clients with a black skin) to use a moisturiser every day which has a SPF factor and to apply a high sun protection factor to the face and body when the sun comes out in the summer months. Regular sunbed use will also increase the rate of skin ageing. It is far better for the client to develop a sun kissed look with the application of an artificial tanning product.

**Eating habits** - The type of food, quantities and times of day that a client eats can affect skin and body conditions. In general, processed foods are the main contribution to conditions such as cellulite and fluid retention. A healthy diet will optimise body functioning, help with the body's metabolism and maintain steady insulin levels.

**Sleeping pattern** - The body requires sleep in order to re-charge itself, many symptoms occur from insomnia such as irritability, lack of concentration, aching muscles, strain and headaches. A good night's sleep is vital for mind, body and soul. If the client suffers from a poor sleeping pattern, recommend the use of warm milky drinks at bedtime, relaxing essential oils in a bath or on a pillow, reading and relaxation breathing.

**Relaxation** - Relaxation time is very important to improve energy levels and the functioning of the mind. Recommend hobbies, relaxation tapes, yoga, meditation, listening to music, abdominal breathing, or relaxing baths for example. If a person does not have relaxation time they become increasingly irritable, tired, lose concentration, become tense and are generally less able to cope with external factors.

**Noise pollution** - This may be due to a noisy neighbour, road or air traffic, machinery etc. It can cause lack of concentration, stress and the inability to function normally. Recommend relaxation techniques to combat the symptoms of noise pollution, the use of earplugs may also be beneficial.

**Learners must know how ageing and external factors affect the skin and limit the effectiveness of facial electrical treatment:**

**Natural ageing** – skin renewal slows down, keratin cells are retained, the epidermis thickens, elastin and collagen fibres begin to break down, the dermis gets thinner, skin loses its elasticity, fullness and suppleness, sebaceous secretions decrease, the skin dries out, facial expressions cause permanent lines and wrinkles, contours begin to drop, Free radicals – cause premature ageing and healing issues with the skin.

**UV light** – UVA, ageing, UVB, burning, UVC, cancer – destroys collagen and elastin fibres, causes pigmentation, lines and wrinkles, premature ageing

**Smoking** – affects Vitamin C absorption, a natural anti-oxidant, skin discolouration, pigmentation, oily skin, premature line and wrinkles particularly around the eyes and mouth, poor healing

**Alcohol** – causes dehydration, lack of sleep, difficulty absorbing nutrients, skin becomes tired, dehydrated and dull, with signs of premature ageing

**Poor diet and water intake** – poor absorption of essential nutrients, resulting in reduced skin function making the skin more prone to infection

**Air conditioning/central heating** – dryness, dehydration, sensitivity, skin breakouts, e.g. pustules and papules

**Excessive exercise** – broken capillaries, premature ageing, skin breakouts due to increased levels of testosterone

**Poor skin care routine** – not removing make-up/dirt can result in congestion, allergies and irritation, harsh products will destroy the acid mantle leaving it open to infection, no sunscreen will trigger premature ageing

**More mature skins/skins with premature ageing** will take longer to react to the treatments and may need more treatments for effective results. To achieve good results, they need a course of treatments and to follow aftercare advice given

## **AFTERCARE AND HOMECARE**

### **Body Treatments:**

- Relaxation

- No heat treatments or exercise straight after
- Light meal / no alcohol
- Drink plenty of still water.

#### Facial electrical treatments:

- No make-up straight after
- Basic skin care

#### Gaining effective feedback

- You must ask your clients how they felt after each treatment. Use open questions to get more information from them. If possible devise a questionnaire for specific information you need. Always remember to observe your client throughout the treatment, how they reacted to certain treatments or if there were any contra-actions, such as erythema. Record on treatment plans or record cards.

#### Evaluating a course of treatments

- This is to find out what results your client has had on the course. Not every treatment that they had during the course will have been successful, so it is important to evaluate the course as a whole; this is easier if you have documented each individual treatment in detail.

## ELECTRICAL SCIENCE

### Matter

- Everything is made up of matter.
- Matter is composed of **elements**.
- All matter is made up of tiny particles called **atoms**.
- Each atom has a nucleus with **protons** (positive) and **neutrons** (no charge).
- **Electrons** (negative) orbit around the nucleus.
- **Ion** - when an atom becomes a particle with an electrical charge.
- If an atom gains an electron, it will be a negative ion – an **anion**.
- If an atom loses an electron it will be a positive ion – a **cation**.
- Ions with the same charge repel each other.
- Ions with different charges attract each other.



- When an electric current is passed through water containing ions, positive ions are attracted to the negative electrode (**cathode**) and negative ions are attracted to the positive electrode (**anode**).
- Acids are formed at the anode, and alkalis at the cathode. This is called **electrolysis**.

### **ELECTRICAL CURRENT**

- An electric current occurs when there is a flow of charged particles in a conductor.
- When an electric current flows through a metal wire, the electrons pass from atom to atom through the metal.
- The flow of electrons along the wire of the electrical circuit is called an electric current.

### **Electric power**

Electricity to power electrical equipment is taken from the 'mains' supply via the sockets in the buildings, at 230 volts. Alternatively a battery might be used to power items of equipment.

**Main electricity** is an alternating current (a.c.). In most countries mains alternates 50 times per second. This is referred to as a frequency of 50 cycles of current flow per second, measured in hertz (Hz).

### **Batteries**

A device which produces electricity by chemical reactions and delivers a direct current. The stored chemical energy in the battery is converted into electrical energy. The connections of the battery are identified by their polarity – positive (+) and negative (–).

### **Electrical conductors and insulators**

#### **Good conductors**

- Metal such as copper, gold and aluminium and solutions which contain properties such as acids, salts and alkalis (electrolytes).
- The material has a small resistance; a current can pass freely through it.

#### **Poor conductors**

- Include rubber, plastic and wood.
- Used to prevent the flow of electrons.
- Known as insulators.

### **Fuses**

- Fuses protect electrical appliances from excess current. Wire in the fuse melts if excessive current occurs. This breaks the electric circuit. A fuse is fitted in the plug to protect the cable from overheating. Some equipment also has fuses fitted inside them to give extra protection.

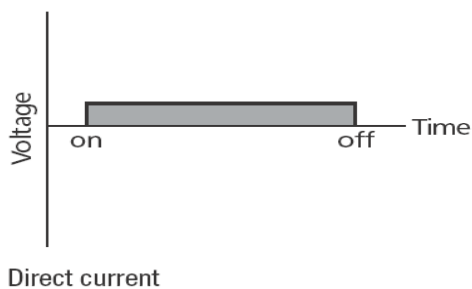
### **Alternating current**

An interrupted electrical current which reverses its direction of flow of electrons.

Examples of usage:

- Electro-muscle stimulator (EMS)
- High frequency treatment
- Short-wave diathermy electrical epilation

#### DIRECT CURRENT



The electrons flow constantly, uninterrupted, in one direction.

Examples of usage:

- Galvanic treatments
- Galvanic electrolysis
- Direct current may be modified to create pulses of current, and then can then be used for muscle stimulation and contraction.

For example:

- EMS for face and body
- Microcurrent

#### Choosing equipment

Equipment is costly, careful consideration should be made before purchase. Always:

- Purchase from a reputable company, whose equipment has proved suitable for its purpose.
- Check that the machine is safe; look for the CE mark which is awarded only if electrical safety standards have been reached (meets the provision of European directives/legislation).
- Check that it carries a guarantee.
- Consider whether it is financially viable.
- Question whether the equipment supplier will support you with advertising and training.

#### Changing the electrical current:

The electricity for each electro-therapy service can be changed to achieve different effects.

Different components are used in electrical appliances to change the electrical current and the equipment's functions.

- **Transformer**, this alters the voltage in AC circuits from one value to another without changing the frequency. The voltage may be increased with a step-up transformer or decreased with a step-down transformer.

- **Rectifier**, this changes the ac to dc. Electrons are only able to flow in one direction.
- **Capacitor**, this stores electrical energy and discharges it when required. It is used to provide a smooth impulse pattern after rectification.
- **Rheostat**, this controls the amount of strength of current flowing through a circuit. It varies the resistance to the current to increase or decrease the strength of the current.
- **Potentiometer**, this varies the voltage in the circuit. It is used to control the intensity of service application such as in electrical muscle stimulation

#### **Prepare and check the area, equipment and products prior to the facial electrical treatment:**

Prepare treatment area according to salon requirements. Ensure the couch is at the correct working height, sturdy and with an adjustable back-rest. The couch needs to be wide enough for client comfort and the base should be covered with towels and disposable couch roll for hygiene - Set up the treatment trolley with the necessary products, tools and equipment

- Provide a modesty gown for the client
- Check the client by completing a consultation
- Ensure all equipment and products are to hand and are working efficiently

#### **Preparing yourself and client**

Prepare yourself and your client using the appropriate PPE – Beauty therapist – mask, gloves, apron; Client – eye protection, gown, hair band, hair net

Use safe working practices: - Positioning of yourself to avoid injury

- Positioning of your client
- Positioning of your equipment

#### **Agree treatment outcomes and check for contra-indications:**

Verbal communication – speaking manner and tone, sensitive to client, open questioning related to treatment

Non-verbal communication – eye contact, body language, listening

Record keeping – contra-indications check, signatures, name, address, contact numbers, age range, reason for treatment, occupation, sport/hobbies, medical history, allergies/hypersensitivity, contact lenses, contra-actions, skin sensitivity tests

Client expectations and preparation – ensure that the client has realistic expectations for the treatment, do not give false hope, a thorough consultation should be given to include a clear description of the treatments and its effectiveness for the individual

Skin sensitivity test – lack of sensation may mean that the treatment cannot be carried out

Age of the client – the younger the client the more effective the treatment will be, due to a higher level of collagen and elastin fibres, faster cell renewal and better muscle tone

Contra-indications present – that may prevent or restrict a treatment, e.g. metal plates in the jaw will prevent any electrical currents being used on the face but vacuum suction may be used

Skin condition – this will reflect the possible reactions to and effects of the treatment

Poor homecare routine – this will be detrimental to the treatments given and can counteract the effects of the treatment or make the results much slower

Medication – some medication can sensitise the skin, e.g. any medication that begins with anti, i.e. antibiotics, anti-depressants, anti-histamines or make the skin contraindicated to treatment, e.g. Roaccutane or any Retin A based medication and steroid creams

Effects of UV radiation on the skin – the client needs to be aware of the ageing properties of the sun and sunbeds, and the detrimental effect they have on the treatments given

#### **Explain the treatment procedure to the client:**

Explain how the client should position themselves for treatment, how long the treatment will take and the areas to be treated

Discuss the client's expectations from the treatment and how this may influence the treatment

#### **Instruct the client on clothing removal and positioning for treatment:**

Removal of clothing as appropriate, positioning throughout the treatment, closing eyes, communicating clearly when you are applying electrical treatments to the face to explain what is happening

#### **Contra-indications To Electro-therapy Facials**

The contra-indications that **prevent** an electro-therapy facial treatment from being performed

Epilepsy, Contagious skin conditions – i.e. impetigo, herpes simplex, tinea, conjunctivitis and scabies, Dysfunction of the nervous system – i.e. Parkinson's disease, Muscular dystrophy and Multiple sclerosis, Heart disease or disorder, Undergoing medical treatment, Pacemaker, Malignant melanoma, Botox, HIV, Recent scar tissue, Hepatitis, Undiagnosed lumps and swellings

**Epilepsy** - A disorder that is due to an abnormal discharge of electrical impulses across the brain resulting in attention lapsing for short periods or more severe seizures. This may then result in unconsciousness. The client would have to inform you if they were epileptic.

**Impetigo** - A highly contagious inflammatory infection that: Initially appears as red, itchy patches/spots. Small blisters then appear which will leak serum. Honey coloured crusts develop.

**Herpes simplex** - A red itchy patch will occur followed by swelling and the formation of blisters around the nose and mouth area. If scratched this causes the release of serum, which forms a crust.

**Tinea** - A fungal infection that is more commonly known as ringworm. Firstly, small red pimples appear and then a flat scaly ring-like lesion forms, this heals from the centre outwards.

**Conjunctivitis** - Inflammation of the mucous membrane that covers the eye and lid causes the eye to become red, sore and bloodshot. A pussy discharge is often produced which causes the eyelids to stick together. It often feels gritty to the person and is contagious.

**Scabies** - Tiny itch mites burrow under the epidermis to lay their eggs. This results in redness, itching and swelling. Dirt often enters the site, which results in greyish lines forming in the skin.

**Dysfunction of the nervous system** - There are numerous conditions that can affect the nervous system which may make the client very sensitive to pain or feel no pain at all; the body may also have uncontrollable spasms.

**Muscular dystrophy** - Muscular dystrophy is a disease in which the muscles of the body get weaker and weaker and slowly stop working. It is due to the body not being able to make certain proteins that it needs to sustain the muscles. There are many different types of muscular dystrophy, some start when a person is very young, others later on in life.

**Parkinson disease** - Parkinson disease is a brain disorder that occurs when certain nerve cells in a part of the brain die or become impaired. Normally, these cells produce a vital chemical known as dopamine. The loss of dopamine production in the brain causes the primary symptoms of Parkinson disease: Slowness of movement, Rigidity (stiffness), Difficulty with balance. Other signs of Parkinson disease may include: Small, cramped handwriting, Stiff facial expression, Shuffling walk, Muffled speech, Depression

**Multiple sclerosis** - This is the most common disabling neurological condition affecting young adults. It is the result of damage to myelin - a protective sheath surrounding nerve fibres found in the central nervous system. When myelin is damaged, this interferes with messages between the brain and other parts of the body. Symptoms include tiredness, stiffness and variations in pain - burning sensations, tingling, eye pain, spasms, electric shock type feeling and/or trigeminal neuralgia (facial pain).

**Heart disease or disorder** - If the client had heart disease or a heart disorder, they would have to inform you.

**Undergoing medical treatment** - If the client were undergoing medical treatment, they would need to inform you at the consultation stage.

**Pacemaker** - You would have to ask the client if they had a pacemaker within their body. This would prevent you from applying an electro-therapy treatment as it could interfere with the pacemaker.

**Malignant melanoma** - A change in the skin appearance will firstly occur with the development of a new mole or a change in an existing mole. The melanoma is likely to be irregular and asymmetrical in shape with a jagged edge. They tend to be varying shades of colour i.e. brown mixed with black, red, white, or blue. Melanomas are usually more than 7mm in diameter. Less common symptoms are itching, crusting or bleeding

**Botox** - Botox is injected to temporarily paralyse the facial muscles by blocking the nerve impulses that control the muscle movement. It is commonly used to treat the muscle that causes frown lines to occur. The skin lying over the muscle is also incapable of movement. The Botox may also affect sweat production. Because of its effects it can make the results of the electro-therapy facial treatments unpredictable. You may notice that the client has limited facial expressions; however, they would have to inform you if they have had a Botox treatment. The effect of Botox is not permanent and will normally wear off within 3-6 months.

**HIV** - The client would have to inform you at the consultation stage if they were HIV positive. Initial symptoms include flu-like symptoms and swollen lymph glands. The condition may then develop further symptoms such as oral thrush, swollen tonsils or adenoids, herpes simplex or herpes zoster.

**Recent scar tissue** - Scar tissue is classed as recent if it is less than 6 months old. It would appear as an area of shiny red skin that could be raised or indented. It should be avoided as secondary infection could occur, the scar could re-open or cause the client discomfort.

**Hepatitis** - This condition affects the liver and the symptoms vary from person to person. Generally, the person will feel tired, nauseas, have poor appetite, pressure below the ribs due to an enlarged liver, aching muscles, headaches, skin rash and yellowing of the whites of the eyes and skin.

**Undiagnosed lumps and swellings** - This would be recognised as an area of tissue that is raised or swollen. It may also be accompanied by redness or bruising.

Contra-indications that **restrict** the application of the electro-therapy facial treatment

**Diabetes** - A diabetic client has reduced healing and suffers with problems of the lower leg/foot i.e. bruising and blood vessel bleeding. Treatments that cause the body to perspire or the blood vessels to dilate will disturb the blood sugar balance in the body. The client would inform you of their condition. A diabetic person may feel dizzy or may go into a coma if their blood sugar level becomes too high or too low.

**High or low blood pressure** - You may be able to identify possible high blood pressure by high colouring in the face, however usually the client would have to inform you of blood pressure problems during the consultation.

**History of thrombosis or embolism** - Thrombosis is a blood clot in the veins of the legs producing symptoms such as pain or tenderness in the calf. An embolism can be an air pocket, lump of fat, cholesterol or bone marrow that travels in the blood. Massage may disturb the clot, which would release it enabling it to travel around the body. It could then lodge into the blood vessels that supply a vital organ such as the heart, lungs or brain, which could be fatal.

**Metal plates or pins** - Scar tissue may indicate an area where metal plates or pins have been inserted; however, the client would need to inform you during consultation. If the client has metal plates or pins in the body you will require doctor's referral before using a galvanic or faradic current as overheating can occur at the sight of the metal. In addition, you may need to avoid pressure on the area as it could prove very uncomfortable.

**Medication** - A client would have to inform you during the consultation if they are taking medication. If you are unsure of the medication that the client is taking, you should ask the client to obtain doctors approval before continuing with the treatment. It is important that you receive confirmation that you can treat the client from the practitioner before proceeding with treatment.

**Pregnancy** - The client may have to inform you at earlier stages of pregnancy, otherwise the pregnancy may be noticeable; however, it is always best to check as part of every consultation to avoid any embarrassment. If the client is pregnant, they cannot receive a galvanic or faradic treatment.

**Piercings** - Piercings would be recognised as a metal object being inserted into the skin. If the piercing is not removed then a galvanic, microcurrent or faradic treatment cannot proceed. The client would have to inform you about any body piercing.

**Anxiety** - The client may show any of the following symptoms: asking numerous questions, fidgeting, looking around in an unsure manner, uneven tone when they talk or shaking. The treatment should only proceed if the client feels relaxed and comfortable. Offer an alternative treatment where possible.

**Cuts or abrasions** - If a client suffers from cuts or abrasions, the skin would be damaged and dry blood would be present. If the area is unavoidable, it should be covered with a sterile dressing, otherwise avoid when working as secondary infection or cross infection could occur.

**Bruises** - The skin would appear a shade of purple to yellow. It is caused by damage to the underlying blood vessels that burst, when pressure is applied, and the blood seeps under the skins surface. Avoid the bruise as pressure would cause discomfort and could worsen the bruise.

**Be able to provide a facial electrical treatment**

**Prepare the client's skin for the facial electrical treatment:**

The area should be cleansed of all products using suitable products and techniques for skin type and conditions - Cleanser applied using effleurage movements, Toner applied

**Select the products and facial electrical treatment as agreed with the client:**

Selection of equipment and products to suit client’s skin type and condition and treatment objectives

**Apply the facial electrical treatment in accordance with manufacturer’s instructions:**

Carry out a sensitivity test on the areas being treated

Prepare the skin for treatment using the correct products for the client’s skin type and conditions

Use a magnifying lamp to assess the client’s skin thoroughly and to identify the client’s skin type

Carry out a second cleanse using the correct products for the skin type and identify the electrical machine to be used

Exfoliation may be carried out unless using a microdermabrasion machine

# FACIAL MACHINES

## Galvanic Face

- 1x Machine
- 2x Black wires
- 1x Red wire
- 1x Indifferent
- 1x Mains wire
- Iontophoresis gels
- Desincrustation gels



## Galvanic Body

- 1x Machine
- 4x Wires
- 8x Carbon Pads
- 1x Mains wire

Yellow Sponges

Anti-Cellulite Gel

Body Exfoliating Gel/cream



## EMS Face

1x Machine

1x Wire

1x Block electrode

1x Mains wire

Gauze

Rubber bands



## EMS Body

1x Machine

10x Coloured Wires

20x Carbon pads

1x Mains wire





## Microcurrent Face

- ▶ 1x Machine
- ▶ 1x Green Wire
- ▶ 2x Facial Probes
- ▶ 1x Mains wire
- ▶ Facial firming Gel
- ▶ Cotton Buds



### Microcurrent face/body

1x Machine

1x Wire

2x Body Probes

1x Mains wire

Lifting Gel



Vacuum Face / Body

1x Machine

1x Vacuum pipe

Small facial ventouses

Body cups

1x Mains wire



### High Frequency Face and Body

- ▶ 1 x White Case
- ▶ Glass Electrodes
- ▶ Oxygenating cream
- ▶ Gauze
- ▶ Rubber bands



MICRODERMABRASION